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- 5-MTHF (400–1000mcg, □□□□□): □□ □□□□□□□□ □□□ □□□□□□□□ □□ □□□□□□□□ □□□□ □□□ □□□□ □□□ MTHFR □□□□□□ □□□□ □□□□□ □□□□□□ □□□ □□□□□□ □□ □□□□□ □□□□ □□□□□ □□□ □□□□□□ □□□□ □□□□□ MAO □□□□□□□□□□ □□□□□ □□□□□□ □□ □□□ □□, 5-MTHF □□□□□□□□ □□□□ □□□ □□□□ □□ □□□ □□□ □□□□ □□□□ □□□□ □□□□□□ □□□ □□□□□ □□□ '□□ □□□ □□□□ □□□
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- P5P (25–50mg, □□□□□): □□ □□□ □□□□□□□ □□ □□ □□□□□□□□ □□□□□□□□ □□□□□□ □□□□□□□ □□ □□□□□□ □□, □□□ □□□□□□ □□ MAO □□□□□□□□ □□ □□□ □□□ □□□ □□□
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4.2 — nAChR □□□□□ □□□ □□□ □□□□□□ □□□□□

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- Alpha-GPC (300–600mg, □□□□□): □□ □□□□□□□□□□□ □□ □□□□□□□□ □□ □□□ □□□□□ □□□□□□□□ □□□ □□□□□ □□ □□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□ □□□□□□□□□□□ '□□ □□□□□ □□□ □□ □□□□ □□, □□□□□ □□□□□□□ □□ □□□□, □□□□□□□□□□□ □□ □□□□□□□□ □□ □□□□□ □□□ □□□ □□ □□□□□□ □□□ □□□ □□□□□□□□ □□□ □□□□ □□□□ □□□□ □□□ □□□□□ □□ □□ □□□□□□□ □□□ □□□□ □□□
- CDP-Choline (□□□□□□□□□, 250–500 □□.□□□□□, □□□□□): □□ □□□□□ □□□ □□□□□□□□ □□ □□□ □□□□□□ □□□□ □□□ □□ □□□□□□□□□□□ □□ □□□□□□ □□□□ □□□ □□□□□□□ □□□□□□□ □□ □□□□□□ □□□□ □□□ □□□□ □□—□□ □□□□□□ □□ □□□□□□□ □□□□□ □□ nAChR □□□ □□□□□□□ □□□□□ □□□□□□□ □□□ □□□□ □□□□ □□□□□□□ □□□□ □□□

- [illegible] (500–1000mg, [illegible]): NGF [illegible] BDNF [illegible] nAChR [illegible] NGF [illegible], [illegible] '[illegible]
- Huperzine-A (50–100mcg, [illegible] - [illegible]): [illegible], [illegible]-[illegible]-[illegible]

4.3 — [illegible]

- L-[illegible] (500–1000mg, [illegible], [illegible]): [illegible] nAChR [illegible]—[illegible]
- NAC (600-1200mg, [illegible], [illegible]): [illegible] '[illegible], [illegible] '[illegible]
- Rhodiola rosea (300mg, [illegible]): [illegible]; [illegible]; [illegible]-[illegible]-[illegible]
- 5-HTP (50–100mg, [illegible]): [illegible] MAO [illegible] —5-HTP [illegible] SSRIs [illegible].

4.4 — [illegible]

[illegible] — 4-8 [illegible], [illegible] '[illegible], [illegible]

[illegible] POMC [illegible] — [illegible], [illegible] 4-8 [illegible]

- [illegible]— [illegible] '[illegible], [illegible]
- [illegible] 3 [illegible]
- [illegible]—[illegible], 4-8 [illegible]

- [illegible]—[illegible] [illegible] [illegible] 5 [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [

- 10 [illegible]: [illegible]

N-[illegible] [illegible] (NAC) 600mg, [illegible]: [illegible]—[illegible] [illegible] [illegible] [

[illegible] 5 — [illegible] [illegible] — [illegible] [illegible]

[illegible] — [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible].	[illegible] ([illegible] [illegible] [illegible] [illegible]), [illegible] [illegible], [illegible], [illegible], [illegible]	[illegible] 30-45 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

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[illegible] [illegible] [illegible] [illegible] -- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] 7 — [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible].

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[illegible]-[illegible] ([illegible] [illegible] [illegible] 1-2 [illegible] [illegible])	[illegible]; [illegible] [illegible] [illegible] CYP2A6 [illegible] CHRNA5 [illegible]; [illegible] 3.	[illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] (NRT) [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] 1 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], 1-2 [illegible] [illegible] [illegible] [illegible] [illegible] (NRT) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
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[illegible] ([illegible] 1-3)	[illegible] 04; [illegible] 6	[illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] '[illegible] [illegible]; [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 1 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] (Grades 3-12)	MAT ([illegible] [illegible] [illegible] [illegible]); [illegible] [illegible]; [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible]; PAWS (Post-Acute Withdrawal Syndrome) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] 12 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

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- 1-800-QUIT-NOW: [illegible] 50 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] NRT ([illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
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[illegible] 20 [illegible] nAChR [illegible], [illegible] CNS [illegible]

[illegible] — CHRNA5 A [illegible]; CYP2A6 [illegible]; MTHFR [illegible] 5-MTHF [illegible]; SLC6A4 [illegible]/[illegible]

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